URBAN ETIQUETTE
How to survive an office faux pas — and clear your conscience
metroVIEWS

Ottawa metro

MONDAY, AUGUST 22, 2016 High 23°C/Low 11°C Sun and cloud

TONY HAWK
Canadian skater girls get Q&A with legend
metroLIFE

Team Canada's flag-bearer Penny Oleksiak enters Maracanã Stadium during the closing ceremony of the 2016 Olympic summer games in Rio de Janeiro.
TORSTAR NEWS SERVICE

Transit delays force 'changes'

CONSTRUCTION

OC Transpo to implement traffic fix on Monday

Emma Jackson
Metro | Ottawa

When James O'Donnell's route 9 bus arrived a few minutes early last week, he was pleasantly surprised — until he realized the bus was in fact so late it had simply bled into the next driver's schedule.

This has been the daily experience for customers on the 1 and 9 this summer, as construction across the downtown throws roadblocks in the paths of drivers and buses.

Every weekday around 4 p.m., OC Transpo invariably tweets about delays of up to 30 minutes on the two routes, usually citing traffic on Dalhousie Street or pinch points on construction-riddled Bank.

But OC Transpo will implement "minor detours" around the trouble spots starting Monday, assistant general manager Troy Charter said, in the hopes of getting schedules back on track.

"We're making some changes ... to try and get the buses where there's less traffic," Charter said. Specific detour details weren't immediately available.

He's also hoping the city's traffic management department can tweak light cycles to give those bottlenecks a boost until construction season dies down this fall.

Charter said Dalhousie's not usually so jammed, but they've seen "changing traffic patterns" this summer.

"It's just a real volume of vehicles," said Charter, who said the backups don't usually last more than an hour or two. "It's a short window of time but it has a significant impact on us."

He figures drivers are changing their routes in and out of the downtown because of the mess this summer's construction boom has left in its wake.

Between light rail construction, Arts Court work, the NAC makeover and a push to redo as many roads as possible before 2017, the downtown core is a maze of orange cones, road closures and detours.

Minor detours are also planned for route 7, which skips Dalhousie but often gets delayed on Bank.

metro NEWS

Your essential daily news

Mass flooding in Deep South puts a damper on U.S. rice harvest. **Business**

Sandy Hill infill fills agenda

DEVELOPMENT

Councillor Fleury tries to preserve heritage style

Emma Jackson
Metro | Ottawa

Garbage, parking and cladding — oh, my.

Infill issues are back on the agenda as Coun. Mathieu Fleury asks the planning committee to require extra scrutiny for Sandy Hill.

If the committee agrees Tuesday, all residential development applications would be subject to an extra site plan control process, although it would be limited to making sure building materials complement the heritage neighbourhood and that there's adequate space for parking and waste bins.

"When that's not properly designed and planned for, then its hodge-podge on the property," Fleury said.

The neighbourhood is under pressure as demand for student housing drives conversions, additions and multi-residential infill along the historic red-bricked streets.

There are already several levels of development protection in place, but Fleury says it's not enough.

"We want to make sure nothing falls through the cracks," he said.

Building materials: While infill shouldn't copy nearby heritage styles, it should at least try to complement it, and that's what Fleury hopes this extra scrutiny will accomplish. Five heritage conservation districts in the neighbourhood already operate under heritage development guidelines, but this change would apply similar principles to everything in between.

Cost: Applicants wouldn't have to do a full site plan workup — which can cost between $3,124 and $18,236 in fees — but can focus on the issues of parking, garbage and building materials, Fleury said. That will reduce fees to a maximum of $3,000. Some may get away with no fees, depending on the size of their addition and if it's visible from the street.

Trash: With extra bedrooms comes more garbage, Fleury said. But, right now, if the applicant meets zoning requirements they'll get their building permit without having to explain where they'll stash the trash. Under the new rules, any application will have to prove there's space for waste bins.

Parking would also face extra scrutiny with the new rules. He said it's tied to the garbage issue: sometimes the only space left for parking is so "unrealistic," there's no room to take bins from the backyard to the front — so they end up staying up front, where they're an eyesore.

Big picture: The latest measure is part of a an effort to protect Sandy Hill from losing its heritage character. In early 2017, Fleury expects staff to finish its review of the area's blanket R4 zoning, which allows everything from single homes to four-storey apartment buildings. He said that's "too permissible" and expects the report to recommend areas where zoning should be reduced.

EMMA JACKSON/METRO

FUNDRAISING

School trustee reaches out to deal with influx of Syrian students

Donna Blackburn wasn't disappointed when she reached out for help from the community.

The public school board trustee for parts of Nepean and Barrhaven knew she had to help when she heard Manordale Public School would receive 20 new students this fall as a result of the influx of Syrian refugees this fall.

Blackburn said the school already struggles for resources, so she looked to her schools in more affluent neighbourhoods for help. The first call was to Mary Honeywell Elementary School, in Barrhaven.

> **We want to make sure other students don't miss out on special programming because of increased costs.** Donna Blackburn

The school had previously held a "crystal ball" event to help raise money for the Crystal Bay Centre for Special Education.

"I got on the horn with the parent council and they held a vote over email and donated $2,000," Blackburn said.

A movie night at Berrigan Public School raised another $1,000, and donations from Longfields Davidson Heights Secondary School and other members of the community brought the total up to nearly $4,000.

But Blackburn wasn't done.

She spoke with Irene Cameron, the principal of Carson Grove Public School — in the city's east end — and found out the school is expecting to add 100 students to their roster.

Blackburn again made some calls and managed to drum up another $2,800 to help out the east end school.

Blackburn said when she served on the parent council of Barrhaven Public, the school had a policy to donate a certain amount each year to schools in low income neighbourhoods.

Blackburn said Century Public School will also welcome some students from refugee families.

"Generally schools that are in neighbourhoods with low income housing will get some new students," she said. "What we want is to welcome them properly and to make sure other students don't miss out on special programming because of increased costs."

JENNIFER MCINTOSH/ METROLAND MEDIA

Rain on my (Pride) parade

Lucy Scholey
Metro | Ottawa

A little rain (okay, maybe a lot of rain) couldn't keep hundreds of Capital Pride enthusiasts from lining the streets of downtown Ottawa for the festival's parade on Sunday.

1 That old-school cool — A supporter of the Ottawa Senior Pride Network.

2 Team player — A crop-topped football player smiles at the crowd.

3 The fun blue line — A police officer walks hand-in-hand with a fellow Capital Pride parader down Bank Street. It was initially unclear whether officers would be allowed to wear uniforms after the St. John's Pride Parade asked off-duty police to leave their suits at home.

4 Sweet wheels — Four-year-old Chelsea Bellemare, the daughter of a Cobourg officer, takes after her dad in a mini-police cruiser.

5 Make a splash — Somerset Coun. Catherine McKenney, left, waves from a soaked city council float.

6 Flying colours — A man in a Pride-flag-coloured getup is a vibrant contrast to the black-leather-wearing National Capital Leather Pride group behind him.

ALL PHOTOS BY LUCY SCHOLEY/METRO

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A worker inspects bottles of water at the Nestle Waters Canada plant near Guelph, Ontario, Canada, in January 2015. TORSTAR NEWS SERVICE

Bottling permit under fire

ENVIRONMENTALISM

Queen's Park urged to reject renewal application

Environmentalists are urging the Ontario government against renewing one of Nestle's water-taking permits in a south-western Ontario town, saying "water should be for life, not for profit."

Wellington Water Watchers says the permit for Nestle Waters in Aberfoyle, Ont., expired on July 31, but the company has been allowed to keep extracting water from a local well even in the midst of a severe drought.

The group says the Ministry of Environment did not post Nestle's renewal application for the usual 30 days of public comment, and instead granted the company an automatic extension without consulting people who live in the area.

But the ministry says a water-taking permit remains in force if a renewal application is made at least 90 days before it expires, and it plans to post Nestle's application for comment once the supporting documents have been reviewed.

Nestle Waters Canada says it's committed to "a continued engagement with the community" while it waits for the decision on its renewal application in Aberfoyle, where it operates a water-bottling plant.

"The continuation of this permit allows for thorough public consultation on the Ontario Environmental Registry, and provides (the ministry) time to conduct, review and report on the public commentary before a decision on the permit renewal application is made," the company said in a statement.

Documents on a ministry website show Nestle Canada has three permits to take up to 8.3 million litres of water every day for bottling, while Nestle Waters Canada — a division of Nestle Canada — has a half dozen Ontario permits allowing it to take an additional 12 million litres a day.

Other bottled water companies with large water-taking permits in Ontario include Gold Mountain Springs at 6.1 million litres a day, Gott Enterprises at 5.8 million litres and St. Joseph Natural Spring Water at 5.5 million litres.

20.3 million

In litres, the cumulative quantity of water that Nestle and its division Nestle Canada can withdraw per day, at a cost of $3.71 per million litres.

Ontario charges companies just $3.71 for every million litres of water, after they pay a permit fee of $750 for low- or medium-risk water takings, or $3,000 for those considered a high risk to cause an adverse environmental impact.

Former environmental commissioner Ellen Schwartzel took the Liberals to task in her annual report for not acting on recommendations to raise the amount it charges to take large amounts of water, which she called " a drop in the bucket."

Schwartzel pointed out even the ministry conceded that the $3.71 per-million-litre charge recovers only about 1.2 per cent of the government's total water-quantity management costs.

The ministry lists about 6,000 water-taking permits on its website, which can be difficult to navigate, with multiple permits issued to many companies, often for similar time periods but with different expiry dates. An interactive online map that shows all of the permit locations is a sea of overlapping blue dots in the southern half of Ontario.

The permits allow municipalities, mining companies and golf courses — in addition to the water-bottlers — to take a total of 1.4 trillion litres out of Ontario's surface and ground water supplies every day.

Farmers don't pay fees to take water for agricultural purposes — they take less than 0.5 per cent of water removed — and their exemption does not apply to food processing, beverage manufacturing, wine-making or water-bottling.

THE CANADIAN PRESS

TECHNOLOGY

Corel boss sees opportunity in brainstorming software acquired

Jacob Serebrin
Ottawa Business Journal

The acquisition of a software product for product management and mind-mapping might seem like a strange move for a company that's become known for its graphics processing products.

But Patrick Nichols, the CEO of Corel, says it makes perfect sense.

"CorelDRAW allows you to express your creativity with unstructured information and MindManager allows you to express your creativity with structured information," he says. "Those two are opposite ends of the same coin when you get down to the core technologies and we see some very rich overlap opportunities between the core strategies of the both of them as they continue to progress into the future."

Earlier this month, Corel acquired MindManager from San Francisco-based Mindjet.

"It was a great product that's had a very loyal base with great recurring revenue streams," Nichols says.

He says he sees an opportunity for Corel to add some of its own expertise to the product, but there's more to it than that.

"At the same time, we also see the opportunity to bring in some of their technology and introduce it in our core products and see if there's more value-add that we can unlock by having a better understanding of structured information," Nichols says. "It's not that we've got a strategy specifically to start targeting and focusing in on structured data and data acquisition opportunities, it's more that we saw a great, rich opportunity of overlap."

Product acquisitions have played an important role for Corel in recent years.

"Corel kind of switched cultures to focus in on profitability and operational excellence and we've been taking the strong profits and investing it in acquisitions over the course of the last few years," Nichols says.

Nichols says the company sees a lot of opportunities with its core products such as CorelDRAW and Paint Shop Pro.

He says there will also be a new set of products coming out over the next two years, adding the company has its eyes on more acquisitions.

Where the water is 'freedom'

INCLUSION

Surfers with disabilities hit the waves at N.S. beach

Surfers of all abilities hit the water at a Nova Scotia beach this weekend for They Will Surf Again, an event that allows people with disabilities to enjoy the freedom of riding the waves.

More than 40 people with disabilities, including 14 recent immigrants from Syria and Iraq, signed up for the event at Martinique Beach near Halifax on Saturday. Organizers say it is the only Canadian stop for Life Rolls On, which sets up similar events in cities across the continent.

Jesse Billauer, who founded the U.S.-based organization after a surfing accident rendered him quadriplegic around 20 years ago, flew in from California to support the roughly 115 volunteers assisting with the event.

"It makes you feel weightless ... A lot of people in wheelchairs don't get that sensation," Billauer says. "By being able to get out into the ocean, (they) have that freedom and independence they might have lost."

Justin Burdon, who has a brain injury, experienced the ocean for the first time in 12 years as he rolled along the waves with a full-faced grin, his surfboarded guided by a group of volunteers.

His mother, Elizabeth Burdon, says "his smile says it all." She says it's usually hard for individuals with disabilities to get to the beach.

"When you're restricted physically in your body ... I think being able to move along effortlessly on a surfboard in the water must just seem like freedom," she says. "(You're) on par with everybody else."

Ali Allawi, who came to Halifax from Iraq two years ago, swam behind his sons Hussein and Ayoob, both of whom have disabilities, as they surfed for the first time.

Justin Burdon, who is dependent on a wheelchair, reacts while surfing in the Atlantic Ocean for the first time in 12 years during a surf event for people with disabilities at Martinique Beach Provincial Park in Musquodoboit Harbour on Saturday. DARREN CALABRESE/THE CANADIAN PRESS

Mohammed Ibrahim, a Syrian refugee with an amputated leg, catches a wave. THE CANADIAN PRESS

"When I see all the people with disabilities, not just for my sons ... enjoy (themselves), I am happy," Allawi says. "We're very happy in Canada."

Vicki Morton and Rick Rector held hands as they made their way into the water.

At the inaugural Nova Scotia event in 2014, Morton, balanced on her one leg during her first time on a surfboard. She brought Rector, who lost part of one leg, along this year.

"A lot of people look forward all year to something like this," Morton said. THE CANADIAN PRESS

INDIGENOUS RIGHTS

'60s Scoop victims go to court

Thousands of aboriginals who argue the federal government robbed them of their cultural identities finally get their day in court this week but will have to wait months for Canada to make their case in the unprecedented class action Ottawa has fought every step of the way.

The plaintiffs and supporters from all over Ontario are expected to rally at the courthouse on Tuesday as their lawyers press for summary judgment in the legal battle started in February 2009.

The lawsuit turns on a federal-provincial arrangement — now dubbed the '60s Scoop — in which Ontario child welfare services placed as many as 16,000 aboriginal children with non-native families from December 1965 to December 1984.

Their unproven claim alleges the children suffered a devastating loss of cultural identity that Canada negligently failed to protect. The children, the suit states, suffered emotional, psychological and spiritual harm from the lost connection to their heritage. They want $1.3 billion in damages — $85,000 for each affected person.

THE CANADIAN PRESS

POLITICS

Philpott looks to shed expenses controversy at cabinet retreat

Prime Minister Justin Trudeau and his cabinet went back to school Sunday with one minister — Jane Philpott — trying to shed her newfound reputation as a problem pupil.

The health minister used the start of a two-day cabinet retreat at Laurentian University to apologize in person for repeatedly using a pricey luxury car service owned by a man who volunteered on her election campaign last fall.

Casting the controversy as a learning experience for all ministers, Philpott repeated her vow, made in a written statement last week, to reimburse at least $3,700.

"I'm happy now to say in person, in front of all of you, that I apologize for what took place," Philpott told reporters on her way into the retreat, her first public appearance since the controversy broke last week.

"The costs were too high. Those costs were inappropriate and I apologize for that."

Health Minister Jane Philpott speaks to media at the cabinet retreat. THE CANADIAN PRESS

Philpott called the controversy "a mistake" and insisted she never deliberately intended "to do anything that was wrong."

Still, she admitted that she could have been more clear when she told Parliament, in a written response to an opposition question placed on the House of Commons order paper, that she'd never used a limousine service.

Company owner Reza Shirani has confirmed that the vehicle Philpott used was a Lexus luxury sedan, prompting opposition charges that the minister misled Parliament.

Philpott said the response was crafted on the advice of her department.

"Again, in retrospect, we could have obviously been much more specific and clarified exactly what car service was used in some of my work. Again, lessons learned."

Opposition critics weren't satisfied with her explanation.

New Democrat MP Charlie Angus remained convinced Philpott misled Parliament.

Philpott paid $3,700 to Executive Sedan Livery Service Inc. for travel around Toronto and to Hamilton and Niagara Falls on March 31 and July 12 - an amount she's promised to reimburse.

She paid another $3,815 to the same company for 20 trips to Toronto's Pearson Airport. She has asked her department to review those charges to ensure fair market value was paid and she's promised to reimburse any that turn out to have been excessive.

THE CANADIAN PRESS

Liberals eye exceptions to Tories' mandatory minimums

The Liberal government is studying the idea of building some wiggle room into the controversial convention of mandatory minimum sentences to avoid unduly harsh penalties in cases that don't warrant them.

The examination is part of a federal review of changes to the criminal justice system and sentencing reforms ushered in by the previous Conservative government, a frequent champion of setting minimum penalties for crimes involving drugs, guns and sexual exploitation.

A report prepared for the Justice Department says "a politically viable strategy" is to craft exemptions to mandatory minimums that kick in when certain criteria are met.

For instance, relief from a mandatory minimum could be granted in the case of a juvenile offender, an early guilty plea or when an accused provides substantial help to the state, says the report by criminologist Yvon Dandurand of the University of the Fraser Valley.

"The main argument in favour of creating exceptions to the application of mandatory minimum penalties remains the need to avoid unjust and arbitrary punishment," says the report.

In finding mandatory minimum sentences for certain firearms offences unconstitutional, the Supreme Court of Canada said last year that minimums amount to "a blunt instrument."

Such laws prescribe minimum sentences of 90 days for a repeat offence of selling a large volume of contraband tobacco, six months for distributing child pornography and five years for trafficking someone under age 18.

THE CANADIAN PRESS

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CALIFORNIA

Evacuees returning to homes

More mandatory evacuation orders were lifted Sunday for residents affected by a massive California wildfire that drove thousands from their homes.

Nearly all 82,000 people ordered to leave their properties Tuesday when the fire broke out 60 miles east of Los Angeles have now been permitted to return.

Most of those residents are returning to find their homes intact, though not all. A preliminary damage assessment found 105 homes and 216 outbuildings destroyed across the rural, mountainous terrain where large swaths of open terrain have been turned black.

"This fire did not go through a dense community, like some fires do," fire spokesman Costa Dillon said Sunday.

Residents in the Lytle Creek area were being allowed back to their homes with proof of residence, though a mandatory evacuation order remained for those near El Cajon Valley further north.

Dillon said the El Cajon Valley is "still the most active fire spot."

The once-fast moving and erratic blaze that burned nearly 58 square miles was 83 per cent contained Sunday morning, up from 73 per cent the evening before. Firefighters were going property-to-property in the areas most heavily hit to quell any lingering flames and hot spots. THE ASSOCIATED PRESS

A firefighter and dog search through wildfire ruins. THE ASSOCIATED PRESS

IN BRIEF

Trump seeks black vote

Republican presidential nominee Donald Trump said his party must do a better job appealing to African-American voters and that he wants the GOP to become their political home. Trump has been working to boost his appeal among African-American voters — declaring that he could win 95 per cent of the black vote at the end of his first term in office, if he is elected. THE ASSOCIATED PRESS

Turks mourn for victims of a weekend attack on a wedding party that left at least 51 dead in Gaziantep in southeastern Turkey near the Syrian border. A young suicide bomber aged 12 to 14 years old, and linked to Daesh extremists, attacked a wedding filled with guests, officials said on Sunday.

PHOTOS: AFP/GETTY IMAGES & THE ASSOCIATED PRESS

Young Daesh attacker bombs wedding party

TERRORISM

At least 51 people killed, and nearly 70 wounded

A child suicide bomber killed at least 51 people and wounded nearly 70 others at a Kurdish wedding party near Turkey's border with Syria, President Recep Tayyip Erdogan said Sunday, decrying the attack as an apparent attempt by Daesh extremists to destabilize the nation by exploiting ethnic and religious tensions.

"As of now, the preliminary conclusions by our governor's office and the police establishment point to an attack by Daesh," Erdogan said.

"It was clear that Daesh had such an organization in Gaziantep or was attempting to make room for itself in recent times," he said.

The bombing late Saturday in Gaziantep was the deadliest attack in Turkey this year.

It comes amid ongoing struggles between the government and Kurdish militants linked to the outlawed Kurdistan Workers' Party, known as the PKK, and as the country is still reeling from the aftermath of last month's failed coup attempt, which the government has blamed on U.S.-based Muslim cleric Fethullah Gulen and his followers.

Erdogan said immediately after the Gaziantep attack, which he blamed on Daesh, that any strategy "meant to incite the citizens against each other along ethnic and religious lines will not work."

Later, addressing the nation before Istanbul's city hall, Erdogan said the attacker in Gaziantep was aged between 12 and 14. He said 69 people were wounded, with 17 of them in critical condition.

The pro-Kurdish political party HDP condemned the attack on the wedding, which it said was attended by many of its party members.

It said in a statement that it was "quite significant" that the attack, which it also blamed on Daesh, came hours after the Kurdistan Communities Union, a militant organization that includes the PKK, announced plans to try to negotiate to end a three-decade conflict between Kurdish militants and the Turkish government.

The bride and groom weren't in life-threatening condition and were undergoing treatment, but the groom's sister and uncle were among the dead, Anadolu reported. THE ASSOCIATED PRESS

Use of kids common with Daesh

The suicide attacker who detonated his explosives amid an outdoor Kurdish wedding party in southeastern Turkey, killing at least 51 people, was a Daesh child as young as 12 years old. The extremist group has a history of using children as weapons, sending them to their death strapped with explosives and putting them on front lines in Iraq and Syria.

The group maintains an army of child soldiers, which it calls "cubs of the caliphate," and seeks to re-educate children at IS-run schools, indoctrinating them with their own radical version of Islam and exposing them to violent acts including beheadings as part of a concerted effort to build a new generation of militants. Daesh videos have shown boys killing the group's opponents through beheadings and shootings. THE ASSOCIATED PRESS

AIR RAID

Brother of wounded Syrian boy in Aleppo has died

Ali Daqneesh, 10, the brother of Omran, who gained international attention, has succumbed to his injuries. RAF SANCHEZ/TWITTER

The brother of a wounded Syrian boy who gained international attention has died three days after suffering serious injuries in an air raid on the northern Syrian city of Aleppo, opposition activists said Sunday.

The Britain-based Syrian Observatory for Human Rights and Aleppo-based activist Baraa al-Halaby said that Ali Daqneesh, 10, died on Saturday from wounds sustained in the same airstrike on a rebel-held neighbourhood in Aleppo.

Syrian activists released haunting footage showing Ali's brother Omran Daqneesh, 5, rescued from a partially destroyed building in the aftermath of the airstrike late Wednesday. Omran was treated and later discharged.

The Halab Today opposition TV station posted a photo of Ali in a hospital with a tube coming out of his mouth, saying he later died from his wounds.

Omran was rescued along with his three siblings and his parents from the rubble of their partially destroyed apartment building, according to photojournalist Mahmoud Raslan, who took the memorable photo. The building collapsed about an hour after the family was rescued.

On Sunday, Raslan said Ali was wounded by a collapsing wall.

Activists reported fresh air raids on Aleppo and its suburbs on Sunday, inflicting casualties. THE ASSOCIATED PRESS

Emmanuel Guardado owns the QueChivo Salvadoran food truck in Calgary, Alta. JEFF MCINTOSH/THE CANDIAN PRESS

Food truck boom grows

ENTREPRENEURSHIP

Industry still trying to find its place

Emmanuel Guardado had always dreamed of starting his own food business, but it was only when he lost his job in the oil-and-gas industry that he decided to dive in.

"I got laid off from my job and figured, what better time to do a food truck?" he said.

Seeing almost no food options in Calgary from his native El Salvador, Guardado set his theme around the street foods of his homeland, including the stuffed tortillas know as pupusas.

> **There's definitely great growth potential.**
> Emmanuel Guardado

Hitting the road in April, Guardado has now joined the ranks of food truck owners lured by the flexibility and relatively low start-up costs as the industry shifts from buzzy upstart to an established category in the Canadian food landscape.

In Calgary alone, 76 permits for food trucks have been issued this year, up from 47 a couple years ago — and the highest number since the city started offering them in 2011.

But Guardado says there's still room for more.

Toronto has also seen a bump in food truck permits after the city shrunk the required buffer between trucks and restaurants from 50 metres to 30 metres, now more in line with Calgary's 25-metre spacing.

"Last year really was a massive victory for us," said Zane Caplansky, owner of Caplansky's deli and a Toronto food truck pioneer who's been up and running since 2011.

With regulations that Caplansky says were "archaic and repressive" now gone, on-street permits have gone from 16 in 2014 to 56 this year.

But with parking spaces for big trucks still a problem, and crowds unreliable, Caplansky says it's still a challenge to operate on the streets of Toronto.

"It's a tough business," he said. "You can do very well, or you can lose a lot of money very quickly."

Many truck owners, Caplansky says, are skipping the street permits and sticking to private events like weddings and food truck festivals where the customers are guaranteed.

The fact that the number of food trucks aren't skyrocketing despite the loosening regulations has helped ease tensions with the restaurant industry, which has fought to keep buffers in place to respect the property taxes and investments restaurants have made.

"It's largely settled down," said Mark von Schellwitz, vice president of Western Canada at Restaurants Canada. "Generally the two are co-existing quite well."

Despite the competition, some new entrants are finding plenty of room for growth.

"It's going really well," said Rotem Tal, who co-founded Vancouver's The Chickpea Truck earlier this year.

"We've moved from a small kitchen that we rented out, to our own kitchen; from working a few times a week at our downtown spot, to hiring employees and doing a bunch of events in the morning and evening."

THE CANADIAN PRESS

LOUISIANA

Flooding puts a damper on rice harvest

Heavy rain that brought record flooding to Louisiana recently has put a damper on the U.S.'s harvest of rice, a food staple that usually likes water as it grows but can't be gathered by machine if fields are inundated.

While rice is an aquatic plant, this is the time of year when farmers drain their land and roll in heavy equipment for the harvest. Some fields remain unreachable in parts of Arkansas and Louisiana.

> **It's premature to make a strong assessment of what it all means.**
> Eric Wailes

"I've heard from a lot of the farmers the water level has been higher than a lot of the past hurricanes," said Dustin Harrell, a rice agronomist at the LSU Agriculture Research Center near Rayne, Louisiana. Two feet of rain fell in parts of the state.

The 2016 crop was expected to be 26 per cent larger than 2015's, according to Eric Wailes, an agricultural economist at the University of Arkansas. Losing part of this year's crop shouldn't trigger price increases for rice used for food, or for anything uses rice as an ingredient, he said.

"Having a much larger crop swamps this event," Wailes said. "It's premature to make a strong assessment of what it all means."

If anything, he said, an 8 per cent bump in rice futures prices over the past week would offset some losses if a farmer cannot move his entire crop to market.

"The biggest losers are the farmers who are actually inundated," Wailes said. "The crop that was harvested is now more valuable." THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Monday, August 22, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

At work, I took a nice water bottle from the pantry. I thought someone must have forgotten it. Later a colleague came by looking for it. If I give it back now, he'll surely think of me as a thief. What should I do?

Dear Ellen,

I know I have done something wrong. In the pantry at work, I saw a nice water bottle and thought that someone must have forgotten it there. I really liked it and kept it in my bag. Then, about two minutes later, a colleague came by, dumbstruck that his water bottle had disappeared. I thought if I told him I took it, I would come in his bad books of stealing. He looked around and asked people for about 20 minutes before giving up. I genuinely thought that the bottle was left there and no one wanted it. Now I feel really bad but don't know what to do. If I give the bottle back now, he will surely think of me as a thief. Right?

Thanks, Anonymous

Dear Anonymous,

This is a classic error, one that many of us have made. Caught in an innocent but embarrassing faux pas, we choose to lie our way out of it — either by commission (vigorous denials) or omission (playing dumb).

A person with no conscience would leave it there, privately regret the error, quietly dispose of the water bottle, and move on.

A person with an evil side might even take advantage of the situation and take it further — framing a workplace nemesis by planting the "stolen" water bottle on their desk or in their locker, then pointing the aggrieved colleague toward the evidence and sitting back to watch the fur fly.

But you, Anonymous, are clearly a person of firm morals and exquisite conscience — perhaps not quite as guilt-ridden as the murderer Raskolnikov in Crime and Punishment, but clearly suffering greatly for your inadvertent crime.

The most obvious solution is to come clean and return the water bottle along with a copy of the letter you sent me, above. Hopefully, your colleague will have a sense of humour about the whole zany situation and you can both have a good laugh about it!

Then again, he could accuse you of being a common thief, report you to HR for stealing and persuade everyone in your workplace to ostracize you from now on. That would be unpleasant, and I wouldn't blame you for considering other options.

I would caution you against any sitcom solutions. For example, if you FedEx the water bottle to your outraged colleague, with an anonymous note claiming to be a reformed kleptomaniac courier, sitcom logic would inevitably require your colleague to contact FedEx, make them narrow down the list of suspects, and get an actual, innocent courier fired — which would make you feel even worse.

My advice is to discreetly return the water bottle to the pantry. Stuff it into a cupboard or toward the back of the fridge, but make sure it will eventually be found.

Your colleague will soon have his precious water bottle back and, hopefully, conclude it was an innocent office mix-up, which, basically, it was.

No harm, no foul. And next time you'll know to pipe up and take your lumps in the moment, rather than drag out the torture by trying to wiggle out of it.

Next time you'll know to pipe up and take your lumps in the moment, rather than drag out the torture by trying to wiggle out of it.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

It's time to get behind International Safe Abortion Day

Among the confounding aspects of anti-abortion laws is the fact that they have a negligible impact on actual abortion rates.

Internationally, the rate of abortion in countries with highly restrictive laws is about 37 for every 1,000 women of childbearing age — compared to 34 for every 1,000 in countries with higher access, according to the Guttmacher Institute.

In essence: Many women who want or feel they need to terminate a pregnancy will find a way, no matter the risk (abortions cause an estimated 15 per cent of maternal deaths). That makes anti-abortion laws a colossal policy failure, as well as dangerous.

And yet, thanks to the iron grip of those religiously or ideologically opposed to them, abortions remain taboo on the world stage.

This September, hundreds of organizations from 73 countries are pushing for the United Nations General Assembly to designate Sept. 28 as International Safe Abortion Day, something already celebrated, but without such official backing.

The move would be largely symbolic — a chance to draw awareness and donors. An opportunity for countries like Canada to apply diplomatic pressure to nations like Paraguay, which last year refused a 10-year-old rape victim an abortion.

A day wouldn't force any country to change its law. It wouldn't give women better access to safe abortions (at least, not directly).

And yet, Marge Berer of the International Campaign for Women's Right to Safe Abortion has little hope the measure will succeed. The political influence of nations — mainly in Latin America, Africa and Asia — that continue to outlaw abortion in all or most cases is almost certain to be a stumbling block, she told me.

"I'm not expecting a fast easy win here, but I do think that if things go right, we will have started a conversation that I hope will take off," Berer said.

The Zika outbreak could fuel that. Latin America — the birthplace of the Sept. 28 day of advocacy — is ground zero for renewed international scrutiny of abortion rights in the wake of the virus, which gravely damages fetuses. Requests for abortions in Brazil, for example, have reportedly doubled.

"We are all very alarmed and I do not want have a sick baby, please," one Peruvian woman begged an online abortion pill provider.

Canada should not count itself among the nations indifferent to this woman's suffering, and millions like her around the globe. We should get behind International Safe Abortion Day.

Listen to Nth Wave, Rosie's podcast on women in media: metronews.ca/podcasts

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Comedian Mike Ward seeks to appeal ruling he must pay artist Jeremy Gabriel $35K for mocking him

METRO ASKS ON THEIR BEHALF

Members of Toronto's Babes Brigade — a women's skateboarding group whose name was inspired by Tony Hawk's one-time squad the Bones Brigade — had some questions for one of their heroes.

You have been able to watch the skateboarding scene develop over the years. Where do you see it going in the future in regards to popularity? Will it continue to grow?
-Stephanie Battieste

COURTESY CHRISTELLE GROB

Hawk's answer: I think so, just based on how it's growing internationally. We've seen skate scenes blossoming in Cambodia, Ethiopia, South Africa, in the most unlikely places. Now, with the inclusion in the Olympics, we're going to see that go even further.

COURTESY CHRISTELLE GROB

What do you think about the gap in prize money for skate competitions? For example, when men win $200K and women $30K in the same competition. Do you see that gap closing?
- Chantal Garcia

Hawk's answer: I think it is closing as we speak. I'm not really in charge of any of that, so I'm not going to say I'm going to make these demands on it, but I see the equality shifting in unlikely places, like Afghanistan, like South Africa — the ratio of boys to girls skating is equal. That's not the case in North America. With the Olympics, if you include a sport, it's male and female. So out of the gate, we're going to have equal events.

Why do you think male skaters have been gaining more popularity and recognition than women over the years?
- Parm Kaur

COURTESY CHANTAL GARCIA

Hawk's answer: (In North America) it's because it started with that perception. It was surfers, it was more male-dominated, punks and things like that. That stigma held for many years. In these new places where skating is growing, there is no stigma. Like Afghanistan. It's very much a co-ed sport. It's new, and there's no preconceived notions.

Board games

Tony Hawk says the inclusion of skateboarding in the Olympics will add a "cool factor" to the Summer Games. "I feel like the Olympics needed us more than we needed them at this point," he tells Metro. COURTESY GEORGE PIMENTAL

INTERVIEW

Tony Hawk's clothing line is going mainstream

Genna Buck
Metro Canada

Tony Hawk isn't just a skateboarding legend, 10-time gold medallist at the X Games and star of one of the most beloved video games of the early 2000s.

He's also a philanthropist who helps fund skate parks around the world, and a father of four, including 23-year-old pro skateboarder Riley Hawk.

And though he's toned down his daredevil ways at 48, Tony Hawk is still doing gravity-defying tricks for a new generation of skaters and fans on social media.

Now his clothing line — which for now is only for men and boys — is headed for the mass market via Walmart.

Metro caught up with Hawk between demos at Toronto's Yonge-Dundas Square to chat about closing skateboarding's gender gap, and how the Olympics could make the sport truly global.

When you started skateboarding, it was a bit of an underground thing. Is there anything left of that?
I think there are still the hard-core skaters that want to go out and hit the forbidden terrain, and the handrails — the public spaces that they're not supposed to. That element is very much alive in skateboarding. On the other side of that, there's a very real opportunity to make a career out of it. So I don't see the success taking anything away from the heart of skateboarding.

What does the inclusion of skateboarding in the Olympics mean to you?
It's a sense of validation. At the same time, I feel like the Olympics needed us more than we needed them at this point. They needed that cool factor in the Summer Games, and they're going to get it with skateboarding.

Your son is a pro skateboarder. What's it like to watch him come up through this?
It's fun to see him navigate it for himself, carve his own way and understand that it is work sometimes. I think that's the misconception — that if you're good at skateboarding, all the success falls on you. You gotta work for it.

Is there anything you see skaters doing now that makes you say, "Wow, that never would have happened in my day"?
I'm delighted by the tricks that are happening, that kids learn early on. Stuff that wasn't even invented when I was their age. Those are considered the basics now.

Any particular trick?
For instance, a kickflip (where a rider flips their board 360 degrees horizontally). Rodney Mullen created it. I think I was 13 at the time. No one else could do it for years. It took me a long time to learn it. Basically, if you start skating (now), people expect you to do it.

Are you done with your days of crazy feats? You used to jump between buildings...
I'm done with the high-impact stuff. But I've learned a whole new sort of technique of technical and difficult tricks on the lip. I've shifted my focus to that, because it's something I can survive.

Why is your clothing line being sold at Walmart? It's not the punkest retailer that comes to mind.
Our clothing line was originally our own. Quicksilver bought it, and then it was in stores in the U.S. and it kind of remained stagnant there, because Quicksilver was having problems. Cherokee bought it, and our first direction to Cherokee was: We want to make this international. Walmart picked it up, and we're thankful because it's way more affordable and the same quality.

Why is the line only for boys and men?
A girls' collection is a great idea and certainly something we are considering.

If you were to pitch skateboarding to a girl who's interested, what would you tell her?
It's a new sense of freedom. It's a way to be creative, and I think it's a way to find self-confidence that maybe you can't find in other places.

What's next for you?
Every day is a new surprise. The fact that I still get to do this for a living is huge and I don't take it for granted. And I get to travel the world with my family. So what's next for me is more adventures with my kids.

YOU CAN DO THIS REAL ESTATE AGENT

'No day or hour is alike'

WHY I LIKE MY JOB

Josh Bickle, 30, Real Estate Sales Representative with Keller Williams Energy Real Estate Brokerage in Durham Region.

I've always been on the hunt for rewarding work that helps both people and the community. At first, I had a difficult time finding a role that truly spoke to me. But a little over a year ago, a friend told me about the benefits of working in the real estate industry and I was sold.

Initially, I did some research and spoke with a few real estate brokers who encouraged me to enrol in Real Estate College with Ontario Real Estate Association (OREA). I powered through the first four mandatory courses in as little as four months, and now I'm able to train while working full time as a real estate sales representative with a brokerage in Durham Region.

I'll never forget my first sale. I got to bring my clients directly to the property, observe their reactions as they walked through it, and listen in as they eagerly laid out their plans for each space. Hearing them cheer when I told them their offer was accepted was such a phenomenal feeling!

I think anyone can do well in real estate if they have the passion and drive. If you're committed to putting in the work, your success will come full throttle. No day or hour is alike; every client, property and experience is unique — a quality you'll rarely find in other industries.

THE BASICS: Real Estate Agent

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Median annual salary for a real estate agent/salesperson. A professional with more experience will likely produce more sales, amounting to average annual salaries of over **$100,000**

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Projected job growth rate over the next eight years.

Data for this feature was provided by payscale.com, servicecanada.gc.ca, realestatelicensehq.ca and onetonline.org.

HOW TO START

Educational and licensing requirements in the real estate sector are determined by provincial regulators. In most cases, courses can be completed at the student's desired pace through a real estate association or council. Upon successful completion of each course, a prospective agent must seek sponsorship from a licensed broker before practising in the field. Some colleges offer courses in home staging, home inspection and property management, which can be useful in gaining employment.

WHERE YOU CAN GO

As the nation's population increases, the number of available housing units will likely continue to climb. Younger real estate agents are beginning to replace retirees, and many are finding innovative ways to advertise and sell home, farmland, commercial or industrial properties through social media and other emerging technologies. While most opportunities stem from brokerage firms, alternative career options include office and property management, mortgage banking, urban planning, land development and real estate appraisal.

NEXT CAREER STEP

Success in the real estate industry requires excellence in client service and time management. Good service will often translate into positive referrals, which are crucial to getting established as a reputable and prosperous agent.

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DreamWorks Pictures' *The Light Between Oceans* is a heart-breaking drama about fate, love, moral dilemmas and the lengths to which one couple will go to see their dreams realized.

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ADVICE

Plan for when best-laid plans fail, never say 'to hell with it!'

Gail Vaz-Oxlade
For Metro Canada

Have you ever just felt like saying, "To hell with it!"? You've been trying to get your credit card balance paid off, but for the third month in a row life has gotten in the way. The car's transmission gave up the ghost, so now you're swapping the plans you made for a need-to-fix!

If you let the bad mood that comes with plans being sent sliding get the better of you, you're likely to make some awful decisions. Sure, you feel like you'll never get ahead, but saying, "To hell with it!" isn't the answer. So what is? Well, studies show that if you have a back-up for when your best laid plans get derailed, you're far less likely to do yourself serious damage.

One study used an anagram task to put students in a bad mood. Half the participants were told the task was easy and would only take five minutes to complete. It was a trick. Three of the anagrams were unsolvable, putting those participants in a grumpy mood. But other participants were told the truth, so no bad mood. Then all the participants were asked to describe how they would behave in three imaginary scenarios:

- Whether they'd drive an old car with brake problems;
- Whether they'd disclose a secret to a roommate;
- Whether they'd return deliberately damaged shoes to a shop for a refund.

If you let that bad mood get the better of you, you're likely to make some awful decisions.

So did those who were ticked go off the deep end? Some of 'em. Over the previous week, half of the same students had been asked to keep a mood diary.

The idea was to stay as positive as possible using an "if/then" mantra, as in "if I get into a bad mood, then I'll watch funny cat videos." Those who didn't have experience with the if/then model were prepared to take more risk — to hell with it! Those who had a solid back-up plan were inoculated from the self-defeating behaviour.

The lesson: If you come up with plans that state "if a certain situation occurs, then I will respond in a pre-specified way," you won't risk doing yourself in with a stupid decision.

The pre-formulated back-up assuages your need to shoot yourself in the foot.

Your if/then doesn't even have to be all that concrete. It's more a matter of acknowledging that a downside is possible and that you're prepared to deal with it.

So simply having a plan when a setback occurs — look for ways in which you've successfully dealt with setbacks in the past — is enough to keep you from going off half-cocked.

To think that crap will never happen because you have carefully thought out your plans is crazy! Crap always happens.

If you don't have a back-up plan, "To hell with it!" will drive you down the wrong path. Accept that even the best-laid plans can be sent awry by things beyond your control. Have a plan for dealing with a set-back. You're far less likely to dig your misery hole even deeper.

For more money advice, visit Gail's website at gailvazoxlade.com

Rock nation

People who couldn't get a ticket to the concert gathered in Springer Market Square in downtown Kingston Saturday night. One third of all Canadians tuned in to the show on CBC (TV, online and radio) — that's 11.7 million people. THE CANDIAN PRESS

AFTER THE SHOW

In Kingston, the show's over but fans hope for Downie's return

Kristen Lipscombe
Metro | Halifax

The grey skies above Kingston seemed to weep Sunday morning.

Following a bright and sunny day that brought tens of thousands into the small city's core to celebrate The Tragically Hip, strong winds and curtains of rain blew through the band's hometown, leaving downtown streets empty in the wake of the previous night's historic Canadian concert.

A trio of Kingston natives, who came back to town after scoring tickets to the show at the K-Rock Centre, commented on the post-concert emptiness in Springer Market Square.

Just the night before, more than 25,000 had gathered to take in the final show of the Man Machine Poem Tour, live on the big screen.

"There's nobody around," Steve Mitchell, who came home from Vancouver to see the show, along with sister Julia Boileau and childhood friend Gord Sinclair (yes, that's his name "for real" and no, he's not the guy in the band).

Mitchell admitted to staying up a little too late Saturday to mark the rockin' festivities.

"This was a different performance; it's kind of like he was saving it for this," said Mitchell, who attended the Vancouver show.

Gord Downie sang his heart out and bared his soul not just in Kingston but in cities nationwide on an emotional tour following his announcement of being diagnosed with terminal brain cancer.

"They're all so courageous; it's amazing," Boileau said. "I think he's done wonders for the cause."

Downie, bassist Gord Sinclair (the one in the band), guitarists Paul Langlois and Rob Baker, and drummer Johnny Fay, have long contributed to the Kingston community, and Canadian culture as a whole.

Most recently, the band has established the Gord Downie Fund for Brain Cancer Research at Sunnybrook Hospital in Toronto, where he's being treated.

"They do a lot of work in the area," Sinclair said. "They're a great hometown band; it's sad to see it end."

But Mitchell doesn't think it's all over.

"The guy looks pretty fit; he's going to be around for awhile," he said. "I don't think that's the end of it."

KINGSTON FANS REACT

"Knowing what (Gord Downie) was going through ... he was definitely struggling, but he put on a hell of a show."
Owen Barr, 18

"It was certainly a national celebration .... The entire thing was really moving."
Ashley King, 24

"It felt like being a part of history. Something that has meant so much to Kingston ... sad, but kind of beautiful and intimate at the same time."
William Wellman

JOHANNA SCHNELLER
WHAT I'M WATCHING

Geekertainment for your inner fanchild

THE SHOW: Geeking Out, Season 1, Episode 1, (AMC)
THE MOMENT: Matt Damon's audition

Co-host Kevin Smith, in his trademark jersey and ball cap, plays a game with guest Matt Damon, who's promoting his new film Jason Bourne.

"Everyone on the net is like, one day Matt Damon is gonna end up in the D.C. (comics) universe," Smith says. "So I pulled some lines from characters you could be."

One of the lines is simply, "Shazam!" Damon freaks out. "I broke my ankle when I was three because I jumped off a jungle gym yelling 'Shazam!'" he burbles. "I didn't know Shazam was D.C."

"Captain Marvel is the character," Smith geeksplains. "'Shazam' is the word he says to change from a boy to a superhero."

To read a line as Green Arrow, who has lost an arm, Damon pulls an arm inside his polo shirt sleeve.

Smith claps and chortles, "This is a man who commits!" They high five. (Smith high-fives a lot.)

Smith, best known as the director of Clerks and Dogma, is an unabashed movie fan — his signature expression is pop-eyed glee — and his co-host, actor Greg Grunberg, is the same.

Their show is little more than a highly enthusiastic half-hour commercial for whatever genre stuff is coming out.

It's Geekertainment Tonight, by fanchildren for fanchildren.

They go to Comic-Con and rave about how great it is. They yell things like, "This is a really cool segment." (They yell a lot.)

They play extended trailers, and then talk excitedly about them.

The studios must roll around in this series the way a dog rolls in dead bird.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Kevin Smith is an unabashed movie fan — his signature expression is pop-eyed glee — and his co-host, actor Greg Grunberg, is the same. CONTRIBUTED

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Top editors turning a new career page

PRINT MEDIA

Why women at helm of top mags in Canada are moving on

Shinan Govani
For Tortstar news Service

There is life after the September issue. Sitting with me in the yawning sun one recent weekday afternoon — where the chitchat cruised from the new Christian Louboutin boutique in Yorkville to the burgeoning interior trend of "handmade cement tiles" — were two erstwhile editors-in-chief for the price of one.

Bernadette Morra and Suzanne Dimma both topped the mastheads, respectively, at Fashion magazine and Canadian House & Home, tentpoles in the country's media scene, and both just exited stage-right. Both were in the gauzy business of reader desire. Both are vets of what, irrevocably, is the battlefield of print.

"I told myself I'd do it for five years," confessed Dimma, who actually held on to her gig at Canada's top shelter mag for eight. "That's so funny . . . so did I!" echoed Morra, who just wrapped up seven years (yes, that itch) at her own frocks-and-all pub.

Editors of monthly magazines comprise a particular breed — by virtue of their editorial skeds, they have to "live in the future," putting their noses up to what's coming a month or even season ahead. Thus, for the first time in years, Morra and Dimma — one with her Clara Bow old-Hollywood vibe, and the other the quintessential Canadian dock-girl with a freshness that belies her 52 years — were truly, emphatically living in the moment, it seemed to me.

"My own decision to leave was about a work-life imbalance," Dimma shared. Something that's "par for the course in an industry with a 24/7 schedule and so many new and necessary extensions." (All that tweeting, Instagramming and brand-synergy that's become a part of the job now, i.e.)

Content to take a break and possibly even lean out, Dimma is passionate about returning to her first love of interior design. After going to art school as well as design school — with deep dives into graphic design, photography and interior design — and having had her own TV show, and ongoing stints with Cityline, she said, "I wanted to go back to the pure thing."

My double interview subjects with two departing magazine editors, Bernadette Morra (right) and Suzanne Dimma. The two women are seen at Morra's Toronto home. NAKITA KRUCKER/TORONTO STAR

FAVOURITES

Who were best cover girls?
Morra pointed to Miley Cyrus (she got the Fashion front right at the "cusp of twerking") and also Lorde, who was just breaking out when she got the cover. As with baking, so much of magazine hocus-pocus is a question of timing.

And though House & Home (founded 30 years ago by Lynda Reeves) continues to thrive and even has solid newsstand action in the United States, Dimma emphasized, hers was the familiar narrative of burnout that inflicts professionals in many different fields. "I was waking u p in a panic every day," she confessed.

For Morra, the decision to depart was a marginally more existential one, as it relates to the state of the industry itself.

"It's no secret that there is declining circulation in all print products, and there is a completely fragmented market," she pointed out.

"No brand is unscathed," she went on, pointing out to the disruptions at various American mag counterparts (at Condé Nast, Hearst, etc.), and to the "contracting of staff at Glamour and Self, which recently merged their editorial staffs.

"They're creating hubs," she said, "editorial hubs, sharing copy and research."

And though there's always ample talk around town about the palace intrigue at St. Joseph Media (which publishes Fashion) and about the snakes-and-ladders replacement of Morra by Noreen Flanagan, who bolted from the editor-in-chief job at competitor magazine Elle Canada, Morra is nothing if not circumspect. "It really was time for a change," she said.

"I want to go back to the core of what I do, which is storytelling," she went on, whether it be for editorial, retail, different brands, or a blend of that.

In fact, an opportunity she sees for herself, one that has her quite jazzed, is the prospect of being an intermediary for brands seeking to collaborate with editorial.

"They need someone who can help them let go of marketing-speak," Morra, who previously spent 20 years at the Toronto Star, explained.

Asked what her favourite story was during her tenure at Fashion, Morra had a ready answer: it was getting to India, as part of a story she did with Holt Renfrew. Having had an interest in seeing where products are made, and about all things artisan, she loved seeing all the "block printing and weaving ... the skeins of yarn."

Indubitably, both plan to continue to be involved with various events and initiatives. "If you write I'm retiring, I will kill you," Morra warned me at one point.

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GOSSIP BRIEFS

Creator of major boy bands Lou Perlman dies in prison

Lou Pearlman, credited for starting the boy-band craze and launching the careers of the Backstreet Boys and 'NSync, has died in prison while serving a 25-year sentence for a huge Ponzi scheme.

The Orlando Sentinel reports that according to a federal inmate database, the 62-year-old Pearlman died Friday. The cause of death was not immediately known.

Pearlman's $300 million Ponzi scheme through his Trans Continental companies was uncovered in 2006. He was convicted of fraud in 2008.

THE ASSOCIATED PRESS

New Frank Ocean album Blonde finally washes up

The wait for Frank Ocean's latest album is finally over.

The singer's 17-track album Blonde was released on Saturday on Apple Music, a day after the R&B singer released a "visual album" on the streaming service.

Blonde is Ocean's second studio album and is his follow-up to his successful 2012 debut album Channel Orange which earned him two Grammy Awards, including best urban contemporary album. THE ASSOCIATED PRESS

metro RIO

Two Mongolian wrestling coaches stripped to protest Ganzorigiin Mandakhnaran's loss to Uzbekistan's Ikhtiyor Navruzov for a bronze medal

1 Strong finish — The host Brazilians ended off on a high winning gold in men's volleyball. They beat Italy 25-22, 28-26, 26-24 in the final.

2 Golden again — Middleweight Claressa Shields became the first American boxer of either gender to win two Olympic boxing gold medals when she beat Kazakhstan's Dariga Shakimova 3-0.

3 U.S. too strong — Kevin Durant poured in a game-high 30 points for the U.S. in a 96-66 victory over Serbia in the gold-medal game in men's basketball. The Americans finished with 46 gold medals and 121 overall.

4 Mountain man — Switzerland's Nino Schurter blew away the field in men's cross-country mountain biking. PHOTOS BY GETTY IMAGES

Going above and beyond their goals

RIO2016

Canada finishes 10th in total medals with 22

The Canadian medal haul is impressive, 22 in all, the most ever in a non-boycotted Olympics and more golds than any Games since 1992 in Barcelona, a total that exceeded the more optimistic of predictions.

But Canada's performance in Rio was more than that, it was the way the athletes handled themselves in victory and defeat, how they met the challenges that always arise, how they didn't succumb to the predictions of organizational horror.

How they were Canadian.

"We feel we did a really strong and successful job of having our athletes understand the environment they are coming into, to be respectful of the environment that they're in and complying and using common sense," chef de mission Curt Harnett said at a Games wrap-up news conference Sunday morning.

"It's all about the plan and what the COC does very well is plan and prepare."

All that planning and preparation allowed the athletes to put on a collective performance few saw coming.

Trampolinist Rosie MacLennan won one of Canada's four gold medals. DAVID RAMOS/GETTY IMAGES

Canada finished with 22 medals — four gold, three silver, 15 bronze — that, discounting the boycotted 1984 Los Angeles Games, matches the best-ever total from Atlanta in 1996.

There were Canadian and Olympic records set in the pool and on the track; there is every reason for Canadian Olympic Committee officials to laud the work of the men and women on the fields of play.

43

Canadian athletes came up with 43 top-five finishes.

"We knew Canada was going to be great but they crushed it," assistant chef de mission Carol Huynh said.

Canadian women won 16 of the 22 medals and Penny Oleksiak, the 16-year-old swimmer who won four of them, was named the flagbearer for Sunday's closing ceremony.

"Definitely on the camaraderie side of it, there was a little rib-jabbing from the women on the team, saying 'When are you guys going to step up?' but the support and the spirit within the village ... was really quite spectacular," Harnett said.

Canada's total put it 10th among countries via the COC mandate of total medals rather than being ranked by golds, surpassing their goal of a top-12 finish. TORSTAR NEWS SERVICE

Canucks draw inspiration from each other

Erica Wiebe was sitting in her hotel room in Buzios, Brazil — up far later than she should have been at a final wrestling training camp — watching the Canadian men's volleyball team play on late-night TV to draw a measure of inspiration.

Before he went into a two-day bubble to find the resolve to handle the unimaginable strain of the Olympic decathlon, Damian Warner closely followed the exploits of teenage swimming sensation Penny Oleksiak and drew an extra dose of confidence from her stunning performance.

There were basketball players following golfers, swimmers watching cyclists, rowers tracking rugby players, a mishmash of athletes coming together, a common bond developing in the most uncommon of circumstances.

To speak of a Canadian Olympic "team" is to stretch the meaning of the word to the limit: there is no assistance on the field of play, no way to provide strategic tips that turn regular performances into great ones.

But in its own unique way, it is truly a team: comforting, consoling, counselling, cheering, commiserating with each other — joyful in the successes, supportive in the defeats.

They may not all be in the same athletic realm, with the disciplines so different, but they are as one and it is in no small way part of the reason why Canada has had its most successful Summer Olympics in almost half a century.

"I remember sitting in my room and it's 10 o'clock, and the men's volleyball team was on the court and I could not turn off the TV," said Wiebe, the wrestling gold medallist. "Watching those guys lay it all on the line, their intensity and their passion, that's what sports is all about and it's what makes me so proud to be Canadian — and I knew that I had to go do that for Canada, too."

TORSTAR NEWS SERVICE

> **"Watching my fellow athletes race and run and play and wrestle that makes me feel proud to be Canadian.** Erica Wiebe

Safety-first saga heads south

MLB

Sanchez sent to Dunedin as Jays get creative with 6-man rotation

RALPH FRESO/ GETTY IMAGES

It may be an unprecedented major-league move, taking a healthy 24-year-old all-star pitcher, a man in the Cy Young conversation, and optioning him to Class-A as a strategy to conserve innings.

But that's exactly what happened to Blue Jays right-hander Aaron Sanchez on Sunday, sent to Dunedin not to pitch but to stay in shape for his next start, Aug. 31 at Baltimore.

On Saturday night at sold out Progressive Field in Cleveland, Sanchez worked four innings in a no-decision, throwing 77 pitches, 40 of them coming in the fourth inning alone.

When he reported to the ballpark on Sunday he was a minor-leaguer.

"At the end of the day it comes down to winning ballgames, and if I'm just going to be sitting here knowing they're going to skip my start, why don't we bring somebody up to help continue to win ballgames," Sanchez said of his discussions with GM Ross Atkins and manager John Gibbons. "There are no hard feelings. Hopefully we continue winning."

Since going to a six-man rotation with the addition of left-hander Francisco Liriano from the Pirates, Atkins has spoken about the need for "imagination" in terms of moves that might help ensure Sanchez remains healthy. A key for the Jays is that this 10-day vacation will allow Sanchez to return and start the final game of the Orioles series at Camden Yards on Aug. 31, along with Marco Estrada and J.A. Happ, their three hottest pitchers.

"That's what this game's about and I think, often times, people can lose sight that it takes a team," Atkins said. "There's so much at stake. Service time, money, careers, health, and when guys can take a step back and think about it it's a lot cooler to be a part of 25 than to focus on one."

Sanchez was brought in to the discussion about the move on Sunday, though the basic concept of skipping this start was discussed with him as far back as the first week of August.

There are several reasons why he was dispatched to Dunedin instead of Triple-A Buffalo. Sanchez has a home in Palm Harbor, Fla., about 20 minutes from the Jays' minor-league complex, and he will be close to the team's high-performance and rehabilitation staff. Besides, the idea of not pitching in Dunedin is the same as not pitching in Buffalo.

It was an amazingly receptive Sanchez that discussed the unorthodox move with media on Sunday. Most players, once they are in a major-league environment, don't ever want to see the minors again unless they are on injury rehab. Sanchez is not injured but is trying to prevent injury, even though any connection between a 24-year-old's innings count and potential arm problems are unproven.

"I'm going to continue doing everything I would do on a normal five days, bullpens included," Sanchez said. "I'm going to continue what I've done here, I still have to get ready, it's not like my season is over so it's normal work when I go down there, nothing changes for me." TORSTAR NEWS SERVICE

SUNDAY IN CLEVELAND

Jose Ramirez hit a two-run homer off Brett Cecil in the eighth inning and the Cleveland Indians rallied past the Toronto Blue Jays 3-2 Sunday to win the series between teams that began the game as AL division leaders.

The Indians took two of three, with each game decided by one run.

THE ASSOCIATED PRESS

Brett Cecil
GETTY IMAGES

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UFC

McGregor ready for a trilogy

Conor McGregor got his revenge. Now he wants a third fight on his terms.

McGregor evened the score in his rivalry with Nate Diaz by outpointing him Saturday night at UFC 202 in a rematch of their two-round welterweight thriller in March.

The two put on an action-packed fight in which McGregor came out strong and then hung on in a tiring, bloody slugfest. Two of the judges scored it 48-47 for McGregor, and the other had it 47-47.

McGregor immediately challenged Diaz to a third fight — but only if Diaz would come down to the lightweight division.

"Surprise, surprise! The king is back!" McGregor said. "If you want this trilogy, it's on my terms. I came up to 170, now you'll come back to 155 and we'll finish what we've started. I knew what I had to do this time around and I did it."

Conor McGregor
GETTY IMAGES

McGregor (20-3) forced the action in the opening round, landing multiple leg kicks to Diaz's lead leg and a straight left that knocked down Diaz (20-11).

The Irishman took down Diaz twice more in the second round, bloodying his nose and appearing to have total control of the fight.

"I could have gone in there and pressed, but I was patient," McGregor said.

The persistent Diaz found his footing later in the second, though, unleashing a flurry of strikes and knocking McGregor against the fence. Diaz continued to attack in the third and, for the final 90 seconds of the fourth, they stood in the centre of the cage and exchanged blows.

They traded punches again in the fifth, and neither gained an edge until the final 10 seconds, when Diaz secured a trip and landed a few final shots from on top before the bell rang.

"I came here to fight. I want No. 3, I gave him No. 2, so let's do it," Diaz said.

THE ASSOCIATED PRESS

IN BRIEF

Bale picks up slack for Real
Gareth Bale scored twice to help Real Madrid make a winning start to the Spanish league with a convincing 3-0 win at Real Sociedad on Sunday.

Bale, who helped Wales reach the semifinals of Euro 2016 in July, led a side that was on the road for its Liga opener without Cristiano Ronaldo.

THE ASSOCIATED PRESS

West Ham win at new home
The first Premier League game staged at the centerpiece stadium of the London Olympics in 2012 served up some late drama Sunday, with new tenant West Ham scoring in the 85th minute to earn a 1-0 win over 10-man Bournemouth. Elsewhere Sunday, Sunderland fell 2-1 loss to rival Middlesbrough.

THE ASSOCIATED PRESS

Peterson wins in Czech Rep.
Paul Peterson shot a 5-under 67 on Sunday to win the Czech Masters by one stroke and earn the 398th-ranked American his first victory on the European Tour.

Peterson took the decisive lead when he birdied the par-3 16th hole after a superb tee shot for a total 15-under 273 at the Albatross Golf Resort near Prague.

THE ASSOCIATED PRESS

RECIPE Chicken Paillard with Basil Avocado Salsa

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

What do you make in a heat wave? Dinner salads like this that are short on cooking time but long on flavour.

Ready 20
Prep time: 20 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 4 boneless, skinless chicken breasts
- kosher salt
- pepper
- 1/2 cup diced red onion
- about 12 cherry tomatoes, halved
- 1/2 cup diced cucumber
- 1/4 cup chopped fresh basil, plus more for garnish
- 1 1/2 tbsp lemon juice
- 1/2 tsp salt
- 3 large, ripe avocadoes, diced
- 2 tsps olive oil

Directions

1. Place chicken between two pieces of plastic wrap or inside a plastic bag; pound to 1/4-inch thick using a mallet or rolling pin. Season with salt and pepper.

2. In large bowl, toss onion, tomatoes, cucumber, basil, lemon juice and salt. Gently mix in avocado.

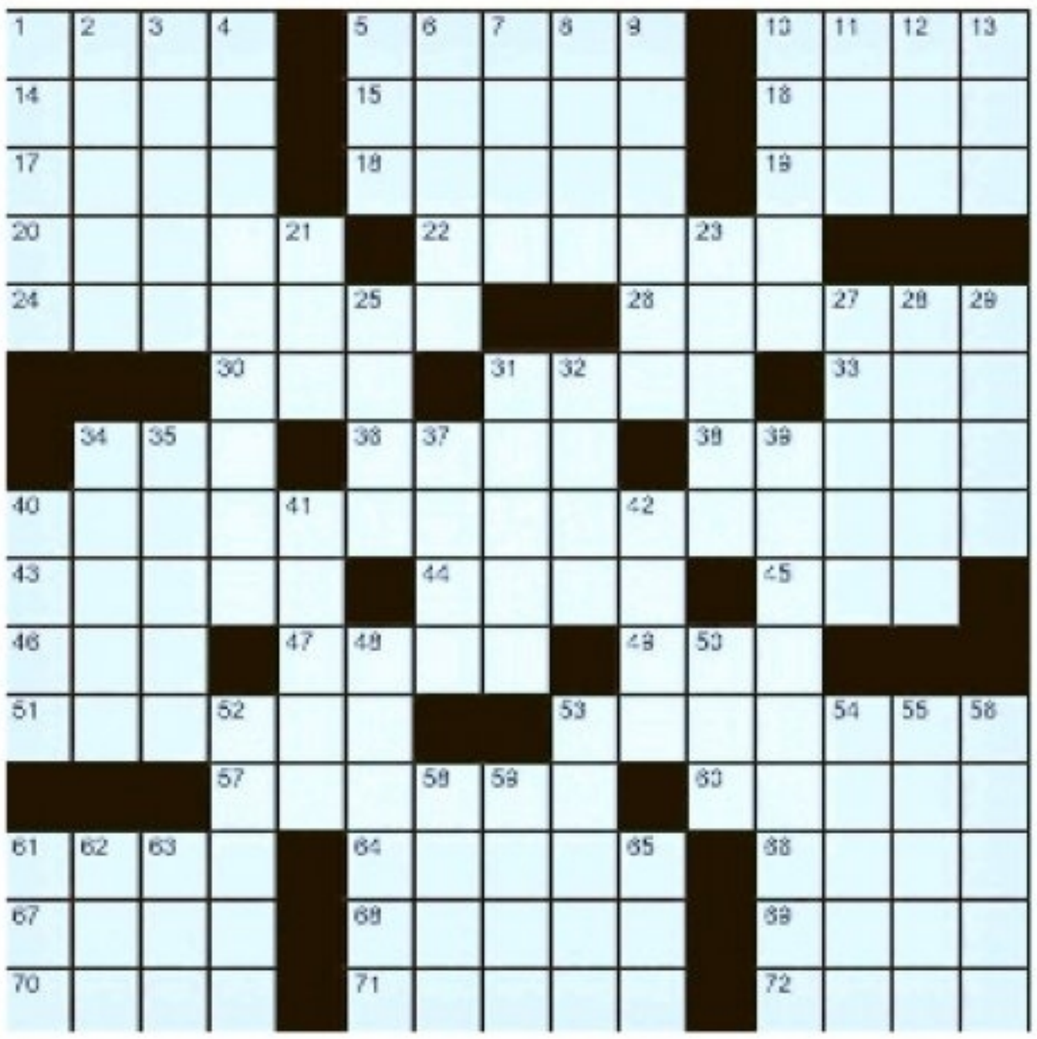
3. Lightly oil grill grate with oil-soaked towel. Grill chicken, turning once, until cooked through and grill marks appear, about 2 minutes per side. Transfer to a clean platter. (**Or** you can cook your chicken in a large cast iron skillet over medium heat. Warm 1 tsp oil and add two chicken breasts and cook 4 minutes on each side. Repeat with the last two breasts.)

4. Serve chicken with salsa, drizzle olive oil and sprinkle of chopped basil.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "__, Can You Hear Me?" by Barbra Streisand
5. Arf! __ Apso
10. Bonfire bit
14. Pronto! to a CEO
15. Boring tool
16. Go backpacking
17. Giddy-up helper
18. Band Eric Clapton once was in
19. Particular
20. Cylindrical crops-containing country constructions
22. Acting do-over
24. New$ $tory, The __
26. Skims, as soup
30. __ generis (Unique, in Latin)
31. Chunk
33. US state
34. Mai __ (Cocktail)
36. Design style, Art __
38. Hawk's home
40. "Rich Girl$" Canadian band: 3 wds.
43. Not napping
44. Souls: French
45. Smidgen
46. Ms. Streep, to pals
47. Hope of US soccer
49. "Where the Boys __" by Connie Francis
51. "__ Little Liars"
53. Defended, as a castle
57. Take to be true
60. Topic
61. Car rental company
64. Verity
66. Barbera d'__ (Wine of Piedmont, Italy)
67. Great __ Valley
68. "Doctor Dolittle" (1967) star Samantha
69. Mount __ (Site of King David's Tomb in Jerusalem)
70. Lawyer's undertaking
71. Respites
72. Goes off course

DOWN
1. Out of style
2. Savoury gelatin
3. Brazil's Sao __
4. Feature in a farmhouse-style kitchen: 2 wds.
5. Quebec locale, __-Beauport
6. Go about things quickly
7. James __ (Pulitzer-winning writer)
8. Chair
9. The Spanish __
10. Crook
11. Drollness
12. White House nickname
13. Bit of bling
21. Q. "__ is the alphabet's 21st letter then?" A. "Correct."
23. Shish __ (BBQ sizzler)
25. Skirt length
27. Left ventricle tube
28. __ and true (Reliable)
29. Visionary
31. Chump
32. Actor Chad
34. Calgary __ (Downtown Calgary attraction)
35. Mindful
37. And others [abbr.]: 2 wds.
39. Town in southeastern Saskatchewan
40. Rather wet
41. Kanye, Mae and Adam
42. Isaac's older son
48. Pearl source
50. City creature
52. Flavour
53. Bug: 2 wds.
54. Nora Ephron's writer sister
55. Curve
56. University bigwigs
58. Press
59. Java cups
61. Joan of __
62. Train name in Canada
63. Perhapses
65. Time units, briefly

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
In the next four weeks, you want to get organized! Your priority is to be efficient, effective and productive!

Taurus April 21 - May 21
Lucky you! The next four weeks are full of opportunities to enjoy sports events, vacations, parties, playful activities with children and romantic adventure.

Gemini May 22 - June 21
Home, family and your private life will be your primary focus in the next month. Continue with repairs and redecorating projects.

Cancer June 22 - July 23
Your daily pace will accelerate for the next four weeks because your agenda is busy. Short trips, errands, conversations with many people and increased reading and writing are just some reasons.

Leo July 24 - Aug. 23
Now your attention turns to money, earnings and possessions. Listen to your creative side about money-making ideas in the next few weeks.

Virgo Aug. 24 - Sept. 23
Today the Sun enters your sign, where it will stay for the next four weeks attracting people and positive situations to you. It's your turn to re-energize and restore yourself.

Libra Sept. 24 - Oct. 23
Use the next few weeks to start to plan what you want your new year (birthday to birthday) to be all about. Set some goals with deadlines. What's to lose?

Scorpio Oct. 24 - Nov. 22
Everyone wants you on his or her team in the next four weeks, which is why your popularity will increase. Enjoy schmoozing with others.

Sagittarius Nov. 23 - Dec. 21
For the next four weeks, the Sun is at the top of your chart. This is the only time all year this occurs, and it makes you high-viz with everyone, especially bosses and VIPs.

Capricorn Dec. 22 - Jan. 20
Travel if you can in the next few weeks, because you want to push the boundaries of your world. You want more out of life.

Aquarius Jan. 21 - Feb. 19
Discussions about shared property and inheritances are a strong focus for you in the next few weeks. Tie up loose details, because things will go in your favour.

Pisces
Feb. 20 - March 20
For the next four weeks, the Sun is opposite your sign, giving you a chance to get a better handle on your style of relating to those who are closest to you. Use this to learn something valuable.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

1								4
		3		6		2		
			1		9			
		2		4		3		
	8		3	1	6		4	
		7		9		5		
			7		5			
		9		2		8		
3								5

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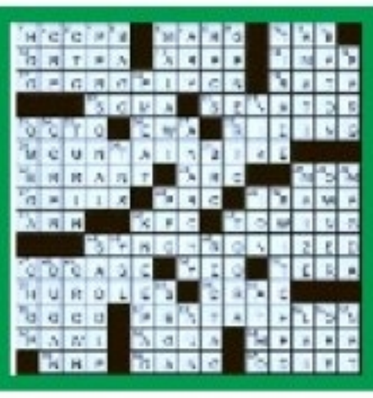
FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



3	9	7	8	1	5	2	6	4
1	8	4	3	2	6	9	5	7
6	2	5	7	4	9	1	8	3
5	4	2	9	3	1	6	7	8
7	6	3	2	5	8	4	1	9
8	1	9	6	7	4	3	2	5
4	7	8	1	6	3	5	9	2
2	5	6	4	9	7	8	3	1
9	3	1	5	8	2	7	4	6

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